



Hearty Southwestern Veggie Chili

Comfort food with mole sauce elegance

- 1 Tablespoon olive oil
- 1 onion, chopped
- 1 cup chopped mixed colored bell peppers
- 2 garlic cloves, minced
- 1 small hot chili pepper, seeded, chopped
- 1 (8 ounce) container fresh mushrooms, chopped
- 3 cups vegetable stock, divided
- 2 Tablespoon chili powder or to taste
- 1 teaspoon ground cumin
- 1 Tablespoon tomato paste
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1 Tablespoon dark maple syrup or molasses
- 1 (14.5 oz.) can diced tomatoes with juice
- 3/4-ounce dark chocolate
- 1/2 cup dried red lentils
- 1-1/2 cups or (15 oz.) salt free kidney beans, drained, rinsed
- 1-1/2 cups or (15 oz.) can salt free black beans, drained, rinsed
- 1/4 teaspoon ground turmeric or 1-inch turmeric root, grated

1/2 teaspoon smoked paprika
1 teaspoon salt or to taste
1/4 teaspoon ground black pepper

Serve with: chopped cilantro as desired; dollops of plain Greek yogurt;

Place olive oil in a hot large pot, sauté onions and peppers to soften; add garlic, chili pepper, and mushrooms, cook 5 minutes. Stir in 1 cup vegetable broth. Stir in chili powder, cumin, and tomato paste; stir to combine. Add remaining ingredients including the remaining 2 cups stock. Bring to a boil. Reduce heat to simmer; loosely cover; cook 30 to 45 minutes until lentils are cooked and chili is thick; stir occasionally. Season to taste with salt and ground pepper.

Serve warm. Sprinkle chili with chopped cilantro and a refreshing dollop of yogurt. Serves: 4

Recipe Inspired by Michael Greger, M.D., *The Hot Not to Die Cookbook*

About the Recipe: Chili is one of those dishes that is a perfect comfort food to serve a crowd or for that Saturday night supper. The warm bowl is filled with nutrition and yet it feels like something so elegant with a mole type sauce. It's easy to prepare and a great dish to store away in the freezer for a quick lunch or snack.